

The Food Administration, United States Government, says:

"Save a Pound of Flour Each Week"

THESE RECIPES WILL DO THIS

WAFFER CORN BREAD

2 cups corn meal
2 level teaspoons Royal Baking Powder
1/2 teaspoon salt
1 egg
1 tablespoon shortening
2 cups milk
2 tablespoons molasses (if desired)

Mix thoroughly corn meal, baking powder and salt. Add melted shortening, molasses, well beaten egg and milk. Beat well. Pour into greased shallow pans (the batter should be about 1/2-inch deep), and bake in hot oven until brown on both sides. The bread should be less than 1/2-inch thick when baked.

CORN MEAL GRIDDLE CAKES

1 1/2 cups corn meal
1 1/2 cups boiling water
1/2 cup milk
1/2 cup shortening
1 tablespoon salt
1/2 cup flour
1 teaspoon salt
4 level teaspoons Royal Baking Powder

Scald corn meal in bowl with boiling water; add milk, melted shortening and molasses; add flour, salt and baking powder which have been sifted together; mix well. Bake on hot greased griddle until brown.

Wholesome and most appetizing when made with

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The above recipes are from our red, white and blue booklet, "Best War Time Recipes." Sent free on request. Royal Baking Powder Company, Dept. H, 135 William Street, New York

Y. M. C. A. and Y. W. C. A. War Activities.

Palatka, during the recent Y. M. C. A. drive, sent to the headquarters in Jacksonville over a thousand dollars in cash and pledges which is doing well-considering the tremendous calls for money for all war work purposes. Now the Y. W. C. A. is calling.

The Federal Commission realizes that there is a woman's problem in this time of war, and has asked the Young Women's Christian Association to help solve the problem. This problem includes—

Women Visitors at Camps
20,000 women visitors at an Eastern Camp on a single Sunday.
Housing of Girls Suddenly Brought to Munition Centers.
2,000,000 more women at work now than in last April.

WHO will look after the girls and women who visit the soldiers in the camps?

—The Y. W. C. A.
WHO will look after the girls who work in big factories and in munition plants?

—The Y. W. C. A.
WHO will help the more than 3,000,000 women in this country who can not speak English?

—The Y. W. C. A.

WHO will guard and guide the colored girls who live near large cantonments?

—The Y. W. C. A.

WHO has been asked to have a "hut" wherever an American Base Hospital is set up?

—The Y. W. C. A.

WHO has been asked to teach France and Russia how to establish cafeterias and boarding homes for girls?

—The Y. W. C. A.

WHO has been asked to cheer and help the Red Cross workers who are "somewhere in France"?

—The Y. W. C. A.

WHO is the Y. W. C. A. Asked to do this?

1. Because we have been doing such work for 50 years. WE KNOW HOW.

2. Because we have trained leaders and workers. We have 1000 centers of work in the United States alone.

Who asked us to do this work? The United States Government through the Foodstuffs Commission.

Can we do the work asked of us? We can not unless we have help. Our work here at home has trebled since last April.

Who is going to help us? EVERY PATRIOTIC WOMAN.

During the big Y. M. C. A. war work drive which was carried on, nationwide, a month ago, and in which Palatka had a big share, a thousand dollars was collected here and sent to the treasurer in Jacksonville. The work in this city was undertaken by Mrs. Robert S. O'Haver and as there were only a few private individuals solicited aside from business houses, the results were very gratifying. The time expended was short and we feel sure had there been more time and more workers the subscriptions might easily have been doubled. Much credit is due the pupils of Palatka schools who gave such generous contributions toward the Y. M. fund. The war work of the Y. M. C. A. needs no elaboration here. The results here and abroad among our boys and the allies, far exceed the most sanguine hopes of the organization, and when you spend your money for this work you know that the contribution will return to you, as bread cast upon the water only a thousand fold. It cannot be measured.

Over two million people contributed to the support of the Young Men's Christian Association during the recent drive that netted the organization over fifty-one million dollars.

HOME ECONOMICS

MISS JOSEPHINE SIPPPELL, Editor

Never before in the history of the world has Home Economics been kept so continuously and persistently before the public. The present war is a food war to a great extent. Millions of men may be sent to the front, but without proper and sufficient food and clothing, they cannot do justice to themselves and to their country. It is our duty to not only furnish food for this country alone, but for the countries who are fighting in the same cause abroad. This is a well established fact. The men at the front must have the food they are accustomed to, and a variety of food, to insure their doing good work.

Wheat and meats are two foods that must be sent abroad, and it is the duty of the people at home, to do with less of these foods, or else find substitutes, in order that these foods may be sent across in sufficient quantities. To the people in the south, this problem will not be so hard to solve, as it is for the people north, for the south is accustomed to using corn in place of wheat, and here too, because of our mild climate, products may be grown the year round. In place of wheat, we may use other starchy foods, such as potatoes, rice, corn, cassava and various other vegetables. Potatoes, peanuts, meal and beans are often used in bread as substitutes. Meat substitutes are found in milk, cottage cheese, eggs, beans, fish, etc. I do not mean that we must not use meat or wheat products at all, but I do mean that we must economize on these things, and substitute wherever possible. Produce and use at home the perishable products, in order to save or foods needed abroad. Every one who cultivates a garden, help—and helps greatly to solve the problem of the feeding of the nations. When asked to save on little things some reply "why should I save one slice of bread, or one potato, what good will that do?" It is the attitude that counts. One person in the U. S. saving, means only a drop in the bucket, but with the whole country bent on economizing wondrous results may be obtained. The importance of an adequate food supply, especially for the present year, is superlative. The Dept. of Agriculture is making every effort to induce the people of the U. S. and especially the farmers, to produce the largest crops ever. Without abundant food for the armies and the peoples now at war, the whole enterprise upon which we have embarked will prove a failure. This is a time for America to correct her unpardonable fault of wastefulness and extravagance, and yet while trying to economize let us not go to extremes, and stint ourselves, and live on a one-sided diet. This is not necessary, and brings on an unhealthy condition of the system and perhaps disease such as pellagra. Provide a balanced ration. If the men of our country are willing to give their lives and go into this war for democracy and human rights, then the women of our land ought to be broad minded, and generous enough to do their part by practicing thrift, economize and self denial at home. The majority of them are doing this.

Drying of vegetables and fruits is rather a new feature of the Home Economics work, and is one that is rapidly gaining in popularity. It can easily be done in a town or country home, and with very little expense. The product, when properly dried, is thoroughly satisfactory, and does not necessarily require the expense of a glass or tin container to keep it. For a bulletin of instruction on Drying of vegetables, apply to the County Home Demonstration Agent, Palatka.

Canning of meats is also an interesting phase of the Home Economics work. This necessarily calls for a steam pressure canner. Care must be taken to avoid ptomaine poisoning. However, the people of Putnam County, are rapidly learning how to can meat successfully. A whole beef can easily be canned in one day, using a full size pressure canner; several have been canned in our county. Any kind of meat, fish, oysters or shrimp may be canned at home and in the case of roast, baked, or fried beef can be retained, and is highly desirable. Tough cuts of meat, cooked under pressure are rendered very delicious. For people living in rural districts, who are unable to get meat frequently, and who have to kill a hog or beef to get fresh meat this method of preserving it is excellent, and far superior to the old method of drying meat.

For bulletins on canning or drying of meats and vegetables; cooking, preserving, jelly and marmalade making apply to the County Home Demonstration Agent, Palatka. Bulletins on "Household conveniences," "nutrition," and "planning and serving of meals," may also be obtained. Have you visited the Palatka High School and seen the girls in the Home Economic Department at work? It is well worth your time. It ought to be a source of gratification to the mothers, to know that their daughters are getting correct instruction in needle craft. Such opportunities were not offered a decade ago. As soon as the kitchen has been properly equipped, instruction will be given in cooking—canning, etc., and some good practical work done.

The Womens Home Economics clubs and the girls clubs are sending exhibits to Jacksonville Fair. Last year the \$75.00 prize for best individual exhibit was won by Winifred Cannon, Welaka, Fla.

Each member of the Palatka Woman's Club is asked to reserve a container of fruit, jelly or other product, to be sold for the benefit of the club, after the next meeting of the Home Economics Department, March 15th. The annual Fall contest for canning Club Girls and Home Economics Women, was held at the Board of Trade rooms Dec. 1st, and was a success from every point of view. The exhibit in tin was very good, while the

exhibits of fruits and vegetables, in glass containers, were splendid. It is remarkable what the girls in our country, between the ages of 10-18 are doing. The record books showed a marked improvement over last year, and the general average was much higher. Mrs. Dunsford, President of Woman's Club, had charge of the program. Miss Layton, District Agent, gave a talk on "Home Demonstration Work in Fla." Miss Morse, the State Dairy Products worker, gave a talk on "Dairy Products." Other speakers followed after which the prizes were awarded. (18) different prizes were awarded by the business men of Palatka, which testified to their interest in the Home Demonstration work.

A short course for house-keeping, is held every year at the State College Tallahassee. This course is highly instructive and very interesting, and the expense is surprisingly small. Will Putnam County be represented this year?

The scholarship for the short course Fla. State College, for Women, which was given by "Mann-Hodge Seed Co." was won by 1st prize winner, Eunice Johnson, Peniel, Fla., at the Annual Fall contest for canning club girls.

Last spring the Jacksonville people made a special effort to have every back yard and vacant lot planted in some sort of vegetables. They employed a special agent to teach the city people how to can and dry these products. What is Palatka doing? Is she planting potatoes on these vacant lots? Besides the financial gain, it makes your town look especially thrifty—alive—and patriotic to strangers.

When you see a home in the rural district, that is producing a surplus amount of the staple products, keeps enough stock to supply meat and dairy products; has a moderate amount of poultry; raises enough cane for an abundant supply of syrup and sugar—makes a garden sufficient to can a variety of vegetables and fruits for the entire year's that home is helping, and helping greatly to whip the Kaiser—and end this war.

When you see a home in town, whether the inmates are rich or poor—who practice economy in cooking, and dressing, saving most on materials that are needed abroad, who keep that back yard and vacant lot growing vegetables (9) months out of the year—and whose pantry is stocked with home canned fruits and vegetables—that home is doing much—toward helping the boys at the front.

Because you can afford to pay for certain foods, and materials is no reason why you should use them at the present time. It is your patriotic duty to economize on the foods and materials most needed by the boy at the front.

After the Fall contest, December 1st, each canning club girl donated one container from her exhibit to be sent to wounded soldiers in France. Winifred Cannon donated her whole exhibit.

According to statistics 30,000 tin cans of vegetables, were done up by Putnam County people last summer, and over (2) car loads of glass jars were used for canning and preserving. One woman alone, put up over 1,000 cans and jars, of every kind of fruit and vegetables that she could get or grow.

A new agent has been appointed, Miss Moore, who has charge of the Dairy products work in the state of Florida. Miss Harris, State Agent Home Economics, has been drafted, but will have charge again of the in Florida July 1st.

Left-over breakfast cereals may be utilized by combining them with more highly flavored foods, examples of such combinations being oatmeal fish cakes, and croquettes or loaves of cereals and nuts. Cold cereals, when combined with custard and fruit, also form the basis of a nutritious and palatable dessert.

The recipe below is not as economical as most of the flour substituted recipes usually are, in the government Bulletins.

Sweet Potato Cake.

2-3 c. Crisco (pinch salt)
1 c. granulated sugar and 1 cup brown sugar.

1 c. hot mashed sweet potatoes.
2 c. flour.

1-2 c. sweet milk.
2 eggs.

3 tsp. baking powder.
6 tsp. cocoa (or 2 sq. melted chocolate.)

1 tsp. each cloves, cinnamon, nutmeg.

1 tsp. vanilla.
1 c. chopped nut meats (pecans or walnuts.)

Cream Crisco and sugar, add egg yolks, potatoes, spices, vanilla, baking powder sifted with the flour, milk, whites of eggs well beaten and nuts rolled in flour. Bake in a loaf in a moderate oven for 45 minutes.

Variations of this cake may be made by omitting the cocoa and baking it as a spice cake or omitting both cocoa and spices and baking it as a plain cake. All brown sugar may be used instead of part granulated.

Serve in slices 3 inches by 2 inches on plate with whipped cream dressing. Serves 15 or 16 people.

Whipped Cream Sauce.

1 c. thick cream, whipped.
2 tsp. sugar.

1-2 tsp. flavoring.

Frijoles.

1 can beans (1 pt.)
2 tsp. Crisco.

1 onion.
1 green pepper.

1 cup milk or juice of beans.
1-3 cup grated cheese.

Pepper, salt and tabasco.
Sauté onion, and pepper in the butter. Add the beans and liquid and heat. Just before removing add cheese and seasoning.



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